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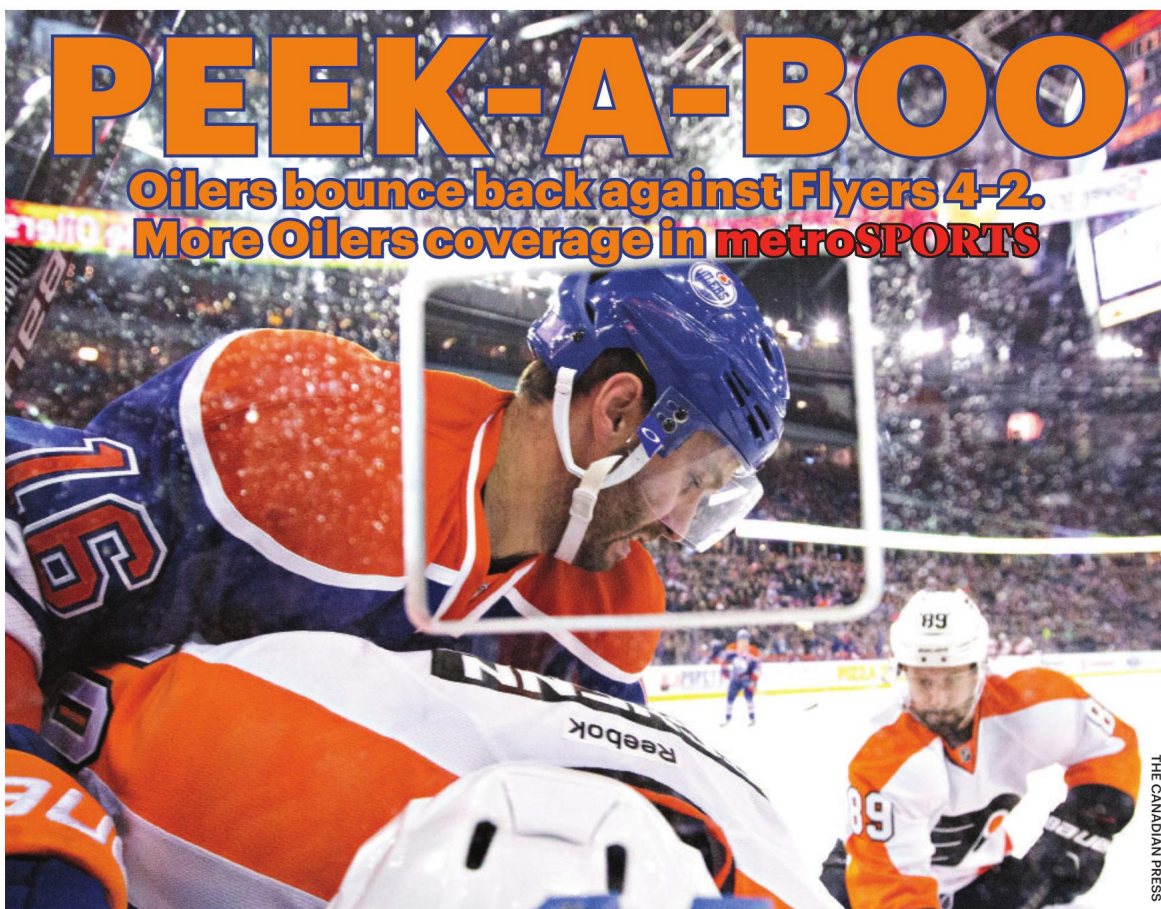
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THE CANADIAN PRESS

## No 'magic wand' fix

**BUDGET**

### Premier spars with opponents over layoffs

Premier Rachel Notley is accusing the opposition of being naive and ratcheting up the fear meter over job losses.

"It would be lovely to wave a magic wand and create 40,000 jobs out of nowhere," Notley told the house Tuesday, tracing imaginary circles in the air with her finger. "To suggest that somehow we can deal with the drop in the price of oil overnight and replace each and every job is ridiculous."

Opposition parties have been hammering away at the NDP in the house for days over its proposed budget and its plans to shepherd Alberta through the trough of low oil prices that have carved billions of dollars out of Alberta's bottom line.

The NDP budget hikes taxes for corporations and well-to-do individuals. It plans a massive construction boom to take advantage of low interest rates and a labour surplus and will work to diversify the economy through job-creation incentive programs.

The downside is four years of massive deficits and a \$47-billion debt by the year 2020.

There have already been thousands of layoffs in the oil sector, and Wildrose Leader Brian Jean has said the budget will make a bad situation much worse.

On Tuesday, he said comments from the government suggest a review on oil royalties has already determined that those rates will go up.

"We can't tax our main industry into oblivion and expect positive results for Albertans," Jean said to Notley.

"What doesn't help the health of the economy is groundless fear-mongering," she replied.

THE CANADIAN PRESS



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# Sex trafficking a growing problem, advocates say

## CRIME

**Reported cases have increased in the last four years: Coalition**



**Andrea Ross**  
Metro | Edmonton

A report on sex trafficking in Edmonton compiled by several social agencies and released Tuesday includes recommendations to combat a problem some say is growing rapidly.

The report and action plan, called Engaging Community: Addressing Sex Trafficking in Edmonton, was two years in the making and includes collaboration between 11 front-line organizations.

The action plan calls for increased awareness and education about sex trafficking, outlines its effects on children and youth and highlights systemic forces that make women vulnerable.

"This plan ... is the first of its kind in Edmonton and the first of its kind in Alberta," Action Coalition on Human Trafficking (ACT) executive director Andrea Burkhart said.

Trafficking reports to the organization have doubled each of the past four years, she said.

Between 2009 and 2015, there were 22 charges of human trafficking in Alberta. From 2009 to



**Action Coalition on Human Trafficking (ACT) executive director Andrea Burkhart says the actual number of female victims is much higher than reported.** ANDREA ROSS/METRO

2014, there were nine charges of trafficking against 10 people in Edmonton, according to ACT.

The actual number of women trafficked in Alberta is much higher, Burkhart said.

"This is an under-reported crime, and victims might not know their rights," she said. "This is just the tip of the iceberg ... and that's part of the plan going forward, is how do we calculate this more precisely?"

Sex traffickers use psycho-

**"This is an under-reported crime, and victims might not know their rights."**

Andrea Burkhart

logical and emotional manipulation, according to the report. They physically and emotion-

ally isolate their victims and may deliberately ensure they become addicted to drugs to further control them.

Five women who had been involved in sexual trafficking were interviewed for the report, which focuses exclusively on trafficked women and girls. Burkhart said she's heard of men trafficked for labour in Alberta, as well as a report of organ trafficking.

"There isn't a stereotypical victim of trafficking, but what

**10**  
Between 2009 and 2014, there were a total of 10 people charged with sex trafficking in Edmonton.

they all have in common is hope for a better life," Burkhart said.

"This project and this work is about bringing hope to those individuals."

## POLITICS

**Bhaloo first to seek out Sohi seat**



**Ryan Tumilty**  
Metro | Edmonton

With Amarjeet Sohi officially elected as MP, the race to replace him on city council has its first contender.

Danisha Bhaloo announced on social media Tuesday that she will seek the Ward 12 seat that Sohi is vacating.

She said she feels a need to serve the community.

"The city has done a lot for me and my family, and I would like to give back," she said.

Bhaloo currently works with Big Brothers Big Sisters and the Boys and Girls Club of Edmonton, while also holding a number of volunteer board positions, including with the Edmonton Opera, and sitting on the University of Alberta's senate.

She said that especially during these economic times, families are facing difficulties and she hopes to be a voice for them.

"I would like to be that person who can be the voice for either people who are struggling or need help," she said.

If elected, Bhaloo would be the second woman on the current council, which she said should be more representative.

"It's not because women are better but because we want equal representation."

The city hopes to postpone election day until Feb. 22 to avoid a holiday vote. The provincial government has to sign off on that request.



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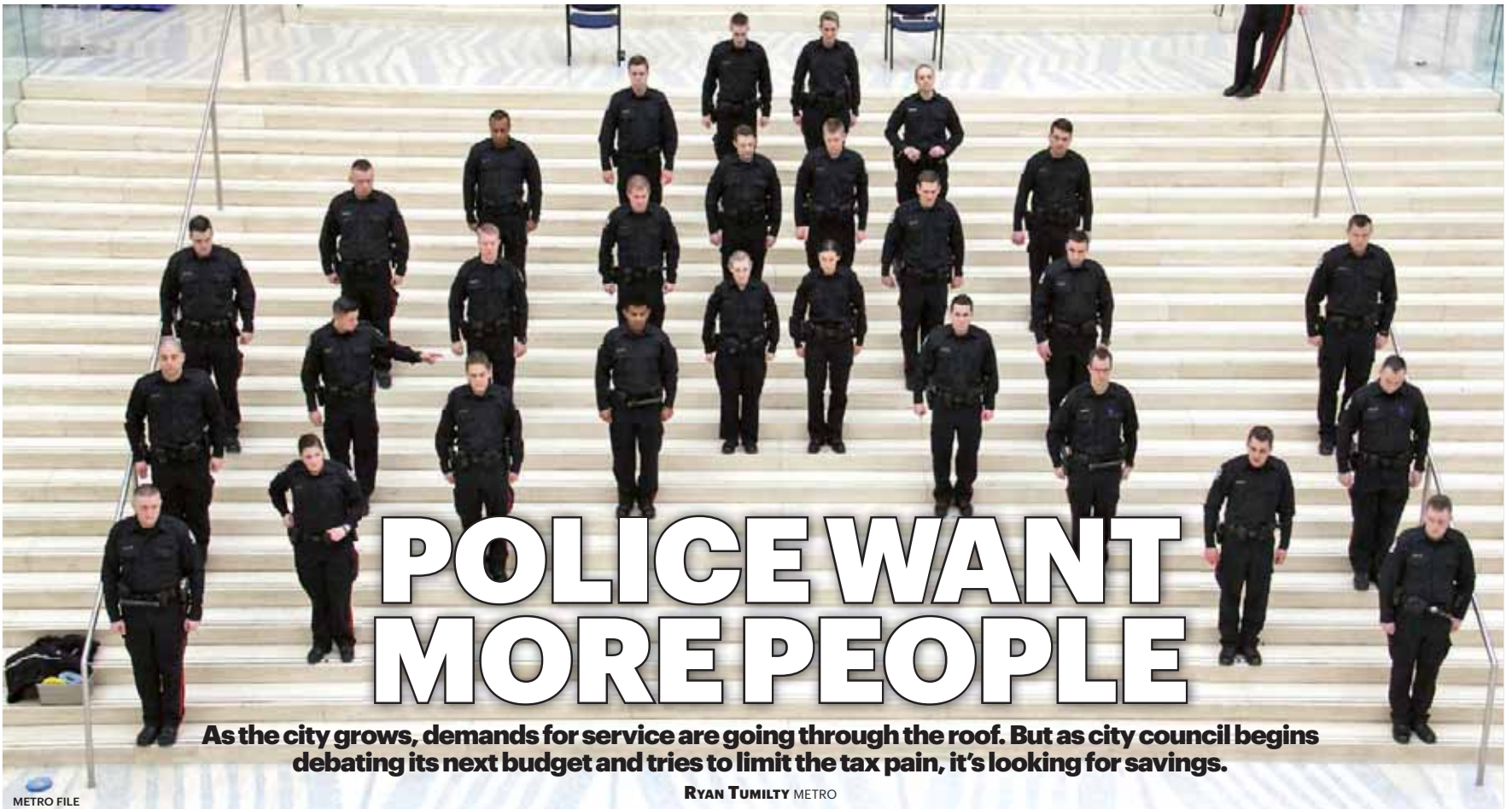


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Edmonton Police Services wants to hire 250 new police officers, but as city council debated its proposed budget Tuesday, some councillors say the force's growth is becoming unsustainable.

Police say both call volumes and violent-crime rates are rising in Edmonton and want to add nearly 250 new positions to their ranks as a result, but as councillors began debate on the administration's proposed three-year operating budget Tuesday, money isn't currently devoted for nearly that many personnel.

As it stands, the budget proposal has money devoted to just 102 new, full-time police positions, while the force is asking council for 245 more on top of that.

#### Police requests by the numbers

Spread over the three years, the positions proposed include 137 new patrol officers, 30 new officers to police a section of Leduc County the city wants to annex and dozens more officers spread across a several investigative units.

The police force, which employs 2,321 people currently, also propose adding many new civilian staff.

If council were to fund all the positions, along with other police budget request, it would cost Edmonton \$14.8 million in 2016, \$17 million in 2017 and \$17.3 million in 2018.

#### Council reacts

Coun. Michael Oshry said the city doesn't have the money to grant what its law enforcement agency is asking for.

"The police are the most expensive department in the city and there are a lot of asks coming our way," he said. "It's unlikely we are going to be able to give them everything they want."

Mayor Don Iveson said police are responding to increasing demand but the city can't keep throwing money at the problem.

"This is our health care," he said, comparing the city to the province's largest budget item.

"This is no longer sustainable for us. It is the single largest draw on the property tax levy," he said. "When you have something that big growing faster than population growth and inflation, that is the definition of unsustainable."

Iveson said demand for police is driven by inadequate mental health services and other failures of the provincial government.

He said in past years, the city has just accepted that and funded police requests, but it can't now. "Accepting the status quo and funding all of the needs is just another surrender," he said.

#### Situation dire: Police

But Sgt. Maurice Brodeur, president of the Edmonton Police Association, said the requests are becoming critical.

"We're barely keeping the line on the streets as it is," he said. "It's simply about having the ability to safely police the city."

Brodeur said Edmonton is seeing increases in crime that buck national trends and require more officers. "We have the busiest city in Canada (for police calls) and we have the youngest city in Canada," he said. And, he said, police must respond to calls regardless of what budget the city provides — a cost it can't avoid.

"You're going to have a big increase in overtime and, money aside, that's not helpful for my people," he said.

Still, Brodeur agreed with Iveson that Edmonton pays more than its fair share for policing. Regardless, he said, the need to get more officers on the street is real.

#### BUDGET

## Council wants spending review

Staring down a proposed tax hike of nearly 15 per cent over the next three years, councillors have asked for a full-scale review of everything the city does to see if there are programs that can be cut.

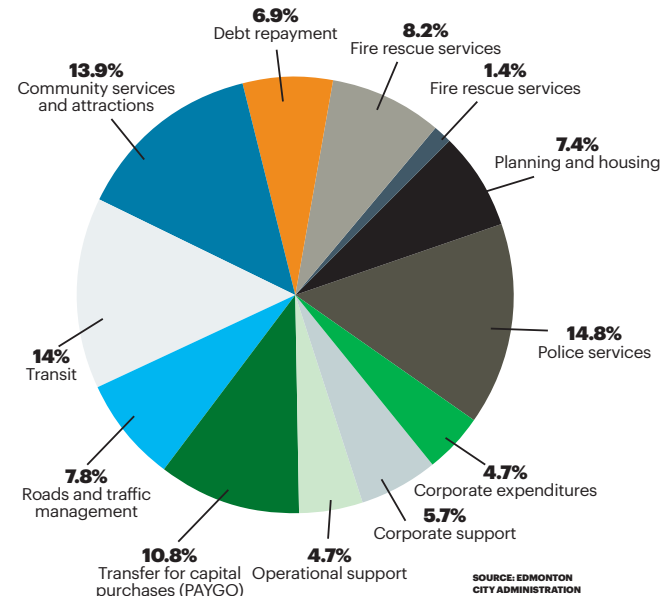
Coun. Michael Oshry said just looking for efficiencies and trims isn't enough to slow the growth in city spending.

"It's time to look at all of the programs and services we offer that have been put in place year, over year, over the last 20 years," he said. "We keep adding programs and services year after year and we never, or rarely, look at taking things out."

Mayor Don Iveson said a deeper look at its spending might show where the city is taking on problems that should be left to the provincial or federal governments.

"I'm hopeful we will be able to turn around and with good justification upload some things back to the province that are really their jurisdiction," he said.

The last time the city looked at its spending this deeply was in 1997.



#### HOW THE MONEY IS SPENT

Iveson said that approach was different, because the city was simply looking to cut \$50 million from the budget.

He said he wants a more thoughtful look that might take years to actually bear results.

Coun Mike Nickel said the study will help assure frus-

trated taxpayers that their money is being well spent.

"I do honestly believe that we have a problem of confidence with the taxpayer with regards to delivery," he said. "It's not a question of paying taxes. It is a question of getting value for taxes."

RYAN TUMILTY/METRO

# 14.8

The Edmonton Police service represent 14.8 per cent of the overall city budget.

# \$392M

By 2018, the total policing budget is budgeted at \$392 million.

# 15

The total tax increase spread over three years is 15 per cent.



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  - Over 70% of Canadians believe they will have to work past the traditional retirement age.
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- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

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— Steeve R., Edmonton



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— Lana, Red Deer

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# SnowTapp service offers shovelling-on-demand

## ENTREPRENEURS

### New startup offers solution for your busy or lazy days

**Michelle Falk**  
For Metro | Edmonton

Terry Song and an associate are launching a snow-removal app to revolutionize how Edmonton residents cope with winter.

Song and Shelton Zhang are in the trial phase of SnowTapp, which will allow customers to order on-demand snow-shovelling services.

"This model has been proved in many other businesses, so we can use this model and apply it to the snow-shovelling business," said Song, who left his job as a mechanical engineer to create the startup. "People have all kinds of



Edmonton entrepreneurs Terry Song and Shelton Zhang want to bring snow shovelling to your smartphone. KEVIN TUONG/FOR METRO

needs; some people don't want to order every time."

Current snow-shovelling services are mostly contract-based,

either monthly or per snowfall.

SnowTapp, alternatively, offers "flexibility" for those days you feel lazy or get too busy

to shovel.

But some, who have worked in snow removal for years, suspect SnowTapp's requirement

that providers have an active business licence and a minimum of \$1,000,000 in general-liability insurance and WCB insurance will prevent many from joining.

According to Troy Courtoireille, community standards acting director for the City of Edmonton, snow-removal providers require business licences to do a "notable" amount of snow removal at "multiple addresses."

However, according to several longtime shovellers Metro spoke to, many work without them.

Wayne Tomalty has been shovelling and subcontracting for the past 18 years. He has a business licence and insurance but suspects the requirements from the app are "going to keep people from participating."

But, he said, the app will be "super" for small businesses like his.

The free SnowTapp app will officially launch on Nov. 30.

## IN BRIEF

### Italian Centre goods now sold at Second Cup

Edmontonians can now have a sweet treat from the Italian Centre Shop along with their Second Cup coffee, all under one roof.

Second Cup has partnered with the Italian Centre Shop to offer freshly-baked pastries, muffins, biscotti and other sweet treats at all of their Edmonton and area locations.

The menu features items made from eggs from a local Hutterite farm and flour milled in Alberta.

Second Cup said the goods will be baked fresh and delivered daily. They include Nutella fudge brownies, almond croissants, lemon poppy-seed loaves, cinnamon rolls and a variety of tarts, cookies and bagels.

Founded in 1975, Second Cup is a Canadian coffee retailer with 335 locations across the country.

The first Italian Centre Shop was founded in Edmonton in 1959. There are now three locations across the city. METRO

## Clinical Research Study Type 2 Diabetes? Metabolic Syndrome?

### This study may be for you!

People with Type 2 Diabetes and Metabolic Syndrome experience inflammation in the liver, pancreas, and other tissues, increasing insulin resistance and leading to an inability to produce insulin over time. Researchers at the University of Alberta are testing a new medication with anti-inflammatory properties as a possible treatment for this problem. You may be able to participate if:

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Caroline: 780-248-1770  
clyster@ualberta.ca





## TELUS FIELD

# City ready to play ball with new team

City council saved Telus Field from demolition for at least the next five years last spring, but the diamond still needs a team.

On Tuesday, the city's call for bids from baseball squads interested in making Telus Field their home park closed, and Brad Badger, director of community recreation facilities, said the hope is to find a team to operate the facility "from a partnership standpoint."

The city's most interested in finding a "third-party operator," he said, while also "finding the highest level of baseball possible."

The Edmonton Oilers Entertainment Group currently holds a month-to-month lease on Telus Field, which the college-level Prospects ball club has been for the past few seasons.

The field lost its last high-

level professional team — the Triple A Trappers — in 2004.

Badger said the city is eager to see if a bidder has the "wherewithal" to bring a professional team here.

But he admits the prospect isn't promising: There used to

be 22 major league affiliated teams in Canada, and now there is only one.

The cost and complications in travel with American-based teams lowers Edmonton's chances at that option, he said.

"So this is more about somebody bringing a professional, independent team here," Badger said, noting a

team in the American Association of Independent Professional Baseball — the league the Winnipeg Goldeyes play in — is "probably the most tangible thing that could happen."

BRAEDEN JONES/METRO

4

The number of "expressions of interest" received by the city last spring regarding Telus Field.



Senior members curl while wearing helmets at the Crestwood Curling Club in Edmonton. KEVIN TUONG/FOR METRO

# Clubs examine head protection after fall

## SAFETY

## Helmets not mandatory at most facilities



**Braeden Jones**  
Metro | Edmonton

When Olympic gold medallist Brad Gushue fell onto the ice face-first at the Curling Masters in Nova Scotia Saturday, people in Edmonton heard the impact.

Darcy Hyde, general manager of the Crestwood Curling Club, was one of them. He said falls by professionals ignite discussions

about requiring head protection for curlers at the club level.

"We made a decision last spring that we were going to have our younger children wear helmets, and it is mandatory now," Hyde said. "Some (clubs) require them, some don't."

"I'm glad we did based on what happened with Brad Gushue."

But the Crestwood "Little Rock" youth league is the only club-based curling program in Edmonton requiring head protection. Other clubs say helmets aren't mandatory, though some curlers proactively wear them.

Ice maker Dave Nickless said senior members at the Granite



**It's always fun until you've got to phone 911.**

Dave Nickless

Curling club have been sharing information on where to purchase curling-specific head protection because there is a demand for such equipment within the club.

"It's not a contact game but it is played on ice, so it's quite simple," he said. "It's always fun until you've got to phone 911... I've seen a few people

smash their heads on the ice."

Marvin Huff at Thistle Curling Club said he's waiting for a helmet mandate from Curling Canada, adding that if pros like Gushue are falling, "what's everybody else supposed to do?"

Jim Pringle, Executive Director of the Alberta Curling Federation, said Curling Canada is currently examining concussions in the sport.

"I would assume a side discussion on that is whether there is a requirement (for helmets) at certain age levels," he said, adding that any decision on the issue is at least a year away.



The city wants to partner with the highest-calibre team possible for the next five years at Telus Field. KEVIN TUONG/FOR METRO



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# City chips away at ice castle creation

WINTER WONDERLAND

## Hawrelak Park to house frozen fortress



Tim Querengesser  
Metro | Edmonton

Every night in Hawrelak Park this December will see dozens of workers quietly freezing 20,000 new icicles and then, one by one, placing them like delicate, frozen bricks to build a castle.

"I think the whole thing is going to be very unique and very new," said Ryan Davis, CEO of Utah-based Ice Castles,

“

It'll be the only place in Canada you can find anything close to this.

Ryan Davis, Ice Castles CEO

which is building a Narnia-like creation in the park, set to open on Dec. 26.

Davis' company has hand-built mesmerizing ice structures throughout the U.S. since 2009 and has even patented the construction process.

"There's not anyone else on Earth that builds structures out of ice of the magnitude we do," Davis said. "It'll be the only place in Canada you can find anything close to this."

Davis said spectators have told him the castles evoke feelings of glaciers, ice caves and waterfalls.

The castle his company is building in Hawrelak will offer those who step inside a unique adventure through tunnels and caverns, in which the walls will be colourfully illuminated thanks to embedded LEDs.

And don't worry about melting. "It drips a little bit, but we've never seen any structural failure of the ice," Davis said, noting he expects the castle to last well into March.

The ice castle will be a fea-



Structures are illuminated at night with built-in LED lights.

CONTRIBUTED/ICE CASTLES

ture of February's Silver Skate festival, which runs Feb. 13-23 at Hawrelak, but will be open to the public after the festival for between \$7 and \$13, depending on the day.

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# Energy East in spotlight

## PIPELINES

### With Keystone XL suspended, industry looks elsewhere

Like a game of pipeline whack-a-mole, a bid by TransCanada Corp., to suspend its controversial, north-south Keystone XL

pipeline proposal has elevated the west-east Energy East pipeline plan to the top of Canada's political agenda.

"With Keystone now delayed, even more important we approve Energy East," Saskatchewan Premier Brad Wall posted on his Twitter account Tuesday while the U.S. State Department was still chewing over TransCanada's postponement bid.

TransCanada's proposed

4,600-kilometre Energy East pipeline is designed to move 1.1-million barrels of crude oil a day from Alberta and Saskatchewan to refineries in Eastern Canada.

Pipeline politics have been a Canadian staple for the past decade and that won't change with the departure of Stephen Harper's Conservatives and the arrival of Justin Trudeau's Liberals in Ottawa.

Trudeau will be sworn in Wed-

nesday as the 23rd prime minister and his newly appointed cabinet can expect to begin fielding pipeline calls almost immediately.

"We'll definitely get on the horn right away to make contact with the minister and show how important this project is for not only New Brunswick but for the country," New Brunswick Energy Minister Donald Arseneault said.

THE CANADIAN PRESS



Alberta's oilpatch is watching pipeline developments closely now that TransCanada has requested the U.S. government postpone a decision on Keystone XL. THE CANADIAN PRESS

## PROPOSED BYLAW

### Street preachers too loud, says councillor



Ryan Tumilty  
Metro|Edmonton

People screaming about fire and brimstone through bullhorns on Edmonton's downtown streets are fully on the nerves of one city councillor.

Coun. Michael Oshry has asked city administrators to examine options to reduce amplified sound on city sidewalks.

Oshry said he's heard from downtown business owners that street-preachers screaming through amplifiers such as bullhorns are growing beyond a nuisance.

"These individuals are more than annoying for people who live and work in downtown," he said.

Oshry said he doesn't want to limit peoples' right to speak their mind, but sees no reason why the city can't regulate the volume of street speech as a

quality of life issue.

"I am not trying to curtail any freedom of speech, but when people are using amplification it makes it quite unpleasant," he said.

And, Oshry said, if the focus of a bylaw is on amplified sound, he believes the city can write a law that would stand up to constitutional challenge.

"Calgary has a bylaw that covers this, and it was challenged and it held."



Coun. Michael Oshry  
COURTESY CITY OF EDMONTON

## IN BRIEF

### Bike parking corrals removed for winter

The city is removing bike parking "corrals" from seven locations Wednesday to prepare for winter, but spokesperson Catherine Koczowski said they'll be back sooner rather than later.

Last March, the city spot-cleared roads where they hoped to install the corrals, which got them in place seven weeks earlier than in 2014.

"If Mother Nature cooperates we'll try that spot cleaning again and get them out there earlier," she said. "When the roads clear up we see an increase in cycling so that's what we hope to get it out for."

Koczowski said the

popular corrals are removed because they interfere with snow removal, but also because demand falls in the winter.

"Three per cent of all cyclists consider cycling in the winter, that's what we have seen in our data," she said.

With the corrals removed, Edmonton's post and ring style lock-up points will have to suffice for brave winter cyclists, but Kloczkowski said it is "sufficient" for now.

"Of course we'd love to improve it for the future, because we know (winter cycling) is increasing and we want to be able to make (more parking) permanent, but we still have some work to do," she said. BRAEDEN JONES/METRO

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# Big moment arrives for Trudeau

## PARLIAMENT

### Rideau Hill event will give Canada its new leader



**Michael Woods**  
Metro | Ottawa

Canada will officially have a new prime minister Wednesday, and everyone's invited to Rideau Hall to watch.

At 9:45 a.m., Prime Minister-designate Justin Trudeau and his ministers-to-be will arrive by bus, stroll up the governor general's driveway

together and head inside to be sworn in.

The arrival plan is a stark contrast from past cabinet swearing-in ceremonies, when MPs arrived individually or with their families in separate cars.

It underlines Trudeau's emphasis during the campaign on the strong team he wanted to bring with him to Ottawa.

In another break from the past, members of the public are invited to Rideau Hall to watch the 10:30 a.m. ceremony on two outdoor TV screens.

Visitors are asked to arrive by 9:30 a.m. at the latest. Rideau Hall suggests they "dress appropriately and wear com-

fortable shoes as they may need to stand on the grass or on uneven ground."

Also, leave your signs and large bags at home; they won't be allowed for security reasons.

Prior to the swearing-in ceremony, Stephen Harper will meet privately with the governor general at Rideau Hall to formally resign as prime minister.

If you can't make it to Rideau Hall for ceremony, TV networks are carrying it and it's being live-streamed at swearing-in.gg.ca.

For the Twitter crowd, Rideau Hall has even identified two hashtags for the event: #PM23 and #SwearingIn.



**Prime minister-designate Justin Trudeau makes his way to his car after taking a tour of the West Block construction site on Parliament Hill in Ottawa on Tuesday.**

SEAN KILPATRICK/THE CANADIAN PRESS

## + FOLLOWING THE CEREMONY

### Getting down to business

Justin Trudeau and his cabinet will get down to work immediately following Wednesday's swearing-in ceremony.

The newly minted Liberal prime minister and his ministers are scheduled to hold their first meeting in the

afternoon. And they're widely expected to take immediate action on at least one Liberal campaign promise, signalling the start of a new era that will be starkly different than the decade of Conservative rule under Stephen Harper.

On that score, they're like-

ly to take action right away to reinstate the long-form census.

Trudeau's new ministers will also emerge from their first meeting to face questions from the media — another departure from the Harper era. THE CANADIAN PRESS

## POLITICS

### Harper gives thanks to public service

On his final day as prime minister, Stephen Harper extended an olive branch of sorts to the public servants with whom his government has had a tense relationship for much of the last decade.

Their reaction, in a nutshell:

Don't let the door hit you on the way out.

In a message sent to the entire federal bureaucracy, Harper thanked government workers for the support they've shown his team over three successive Parliaments and for their dedi-

cation to the well-being of Canadians.

In the letter, Harper expressed pride in the work he and his team have done with the public service to improve the prosperity, security and well-being of Canadians. THE CANADIAN PRESS



THE CANADIAN PRESS FILE

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## MPs to keep an eye on

Much has been made of Justin Trudeau's hand-picked star recruits, newly minted MPs who may be in line for a cabinet post.

But there are dozens of lesser-known new MPs with impressive and eclectic credentials, some of whom could also wind up in cabinet, leading influential parliamentary committees or serving as parliamentary secretaries. Here's a brief look at some of the fresh faces who may be in for a cabinet post:

### 1 Maryam Monsef

Liberal — A refugee and community activist; founded the Red Pashmina Campaign



### 2 Anita Vandenberg

Liberal — International

expert on democracy and human rights

### 3 Robert-Falcon Ouellette

Liberal — Expert on indigenous education; professional musician



About one-third of the 99 members comprising the new Conservative caucus are federal rookies, though many come from political careers in other levels of government.

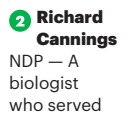
The NDP, meanwhile, has 44 caucus members, including 16 new MPs. Here's two more MPs to learn more about:



### 1 Bob Saroya

Conservative — Immigrated to Canada from India

in 1974; distinction of being one of few Conservative MPs from Toronto-area



### 2 Richard Cannings

NDP — A biologist who served on B.C.'s Environmental Appeal Board



### 3 Rachael Harder

Conservative — One of the youngest new members of the caucus at 28; background in researching youth issues

THE CANADIAN PRESS

# Former minister's advice to cabinet

## GENDER PARITY

### Hard work, good listening skills essential for position



### Jessica Smith Cross

Metro | Toronto

Frances Lankin recalls what it felt like at Convocation Hall on Oct. 1, 1990, to look around at the faces of the politicians who, with her, were about to be sworn in as cabinet ministers in Ontario.

"It was very exciting — lots of hugs, laughter and celebration," she said. "Of course, this was the first that anybody saw who was actually in cabinet."

Eleven of the politicians who greeted each other in that back room before the swearing-in ceremony were women.

That cabinet, Ontario NDP Premier Bob Rae's first, was 42 per cent women: nearly parity. It remains a record in Ontario.

Lankin expects the federal cabinet ministers who will be sworn in Wednesday will feel the same euphoria she did.

It will be the first federal cabinet with an equal number of male and female ministers. Lankin applauds that promise and offers this advice for new ministers:

- Take media training and learn how to respond to media questions with candour while being careful not to fall into media's "traps." If you do trip, don't worry too much; you'll recover.

- Work with your cabinet, caucus, the opposition and stakeholders. Listen to them. "Remember this is a team effort; you're not an individual star," she said.

- "Enjoy yourself. It's an amazing privilege."



Former cabinet minister Frances Lankin believes that diversity of gender, ethnicity and life experience bring a broader perspective to cabinet. TORSTAR NEWS SERVICE



**It's a big, big job. It demands a lot of time, a lot of learning and paying attention to detail.**

Frances Lankin

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# More clues in crash

## METROJET AIRBUS

### Satellite shots picked up heat around jet before crash

U.S. satellite imagery detected heat around a Russian passenger jet just before it went down in Egypt's Sinai Peninsula, two U.S. officials said Tuesday. But the discovery doesn't resolve the mystery of why the plane crashed, killing all 224 aboard.

A missile striking the Metrojet Airbus A321-200 was ruled out because neither a launch nor an engine burn had been detected, one of the officials said.

The infrared activity that was detected could mean many things, including a bomb blast or that an engine on the plane exploded due to a malfunction.

Aviation analyst Paul Beaver

said the heat picked up by the satellite "indicates that there was a catastrophic explosion or disintegration of the airplane," but doesn't reveal the cause.

He said it could be a bomb, or a fuel tank or engine exploding, although "engines are designed so that if something malfunctions or breaks off, it is contained within the engine," Beaver added.

Both U.S. officials spoke on condition of anonymity because they weren't authorized to discuss the information publicly.

Some aviation experts had earlier suggested a bomb was the most likely cause of Saturday's crash, while some others pointed at a 2001 incident in which the jet damaged its tail during landing.

An international team of experts prepared to analyze the plane's flight data and cockpit voice recorders, the so-called "black boxes."

THE ASSOCIATED PRESS



**CROSSING TOO RISKY** Migrants get off a dinghy after they cancelled their journey because of bad weather. They were planning to travel to Greek island of Chios from the Turkish coast near Cesme, Izmir, Turkey, Tuesday. More than 300,000 people have travelled on dinghies from Turkey to Greece, with dozens dying along the way. EMRE TAZEGUL/THE ASSOCIATED PRESS

## ITALY

### Vatican scandal heats up

Two new books are deepening a Vatican scandal with tales of mismanagement and greed, such as sainthood causes that can cost up to a half-million dollars and a monsignor allegedly breaking down the wall of his next-door neighbour — a sick, elderly priest — to expand his already palatial apartment.

The leaks in the new books are seen as part of a bitter internal struggle between the reformers and the old guard. This week, the Vatican arrested two former members of the commission in an investigation into stolen documents.

Merchants in the Temple, by journalist Gianluigi Nuzzi, alleges Vatican officials who promote sainthood causes bring in hundreds of thousands of euros in donations for their causes.

The new book *Avarice*, by journalist Emiliano Fittipaldi, details financial wrongdoing at the Vatican, citing reports by independent auditors.

THE ASSOCIATED PRESS

## HUMAN RIGHTS

# France compensating Holocaust survivors and their families

Holocaust survivors and family members in the U.S., Israel and elsewhere can apply for compensation from a \$60 million fund for those deported to Nazi camps by France's state rail company SNCF.

The application period for the French-funded, U.S.-administered program opened Tuesday. The money will be available for

survivors of deportations, or spouses or family members of deportees who have since died.

"We consider this a very important day. People have waited 70 years," Stuart Eizenstat, U.S. special adviser on Holocaust issues, told reporters.

The compensation will be calculated and distributed after the application deadline May



**We consider this a very important day. People have waited 70 years.**

Stuart Eizenstat, U.S. special adviser on Holocaust issues

31, 2016, once organizers know how many people are eligible. Eizenstat said officials are con-

sidering making some payments to survivors before the deadline, because of their advanced age.

Survivors can expect to receive about \$100,000 each, while spouses could receive tens of thousands of dollars, he said.

Hundreds of survivors or their spouses in the U.S. are believed to be eligible for the funds, and several thousand could be eligible as heirs. Heirs of deportees would need to submit proof that their ancestor was deported,

and what their nationality was, according to the U.S. State Department.

The fund was created after a U.S.-French agreement last year. As part of the deal, the U.S. government agreed to work to end lawsuits and compensation claims against SNCF, which has sought lucrative contracts in U.S. markets. THE ASSOCIATED PRESS

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## Doctors want justice done

### AFGHANISTAN

#### Aid group asks for probe into hospital attack

One month after a U.S. military strike on its trauma centre in Kunduz, Afghanistan, Doctors Without Borders on Tuesday called for an independent investigation into the attack that killed 30 people.

The organization held a rally and moment of silence in Union Square for the victims, and supporters carried signs saying, "Even war has rules."

Jason Cone, executive director of the organization's U.S. arm, said the events in the northern Afghan city went beyond the dangers humanitarian workers know they face in conflict zones.

"We knowingly take the risks associated with working in war zones," he said. "But what happened in Kunduz, the precise targeting, the prolonged destruction of a fully functioning hospital full of patients and health

workers, transcended even the bounds of war."

Accounts over what led to the Oct. 3 strike have varied; in one, U.S. troops requested the airstrike after coming under fire. Intelligence was being collected on the internationally run medical facility site by American analysts that included indications that Taliban activity was being coordinated from there.

Doctors Without Borders officials deny that there was any Taliban control of the hospital complex or any gunmen.

The U.S. is conducting an investigation into how and why the strike happened.

Doctors Without Borders wants one from an independent humanitarian commission, which can happen only with the consent of the U.S. and Afghan governments.

Dr. Deane Marchbein, president of the board of directors for the U.S. arm of the group, said the concern is how governments view laws dealing with humanitarian issues.

THE ASSOCIATED PRESS

### IN BRIEF

#### Indian court sentences Uber rapist to life

An Indian court sentenced an Uber driver to life in prison Tuesday for raping a passenger in his vehicle last December, in a case that has triggered widespread protests against sexual violence and demands to ensure women's safety. Judge Kaveri Baweja

had earlier found the driver, Shiv Kumar Yadav, guilty of rape, criminal intimidation, kidnapping and endangering the woman's life. The victim filed a lawsuit against Uber in a U.S. court accusing the company of failing to properly investigate Yadav's background. The lawsuit was settled out of court. THE ASSOCIATED PRESS



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## TWITTER

## New icon breaks users' hearts

Many Twitter users aren't feeling the love for the social network's new hearts.

The red icon has replaced the star that was found below each tweet.

Before the change, clicking the star meant a tweet was a "favourite," and now clicking the heart means you "like" a tweet.

Twitter Inc. says it made the change because the star can confuse new users and the heart is more universally known around the world.

But the move is facing strong opposition from some Twitter users. Joanna Cornish said Tuesday the "star" icon was a unique aspect of Twitter, and she doesn't like the "idea of sameness" with using the heart emoji also featured on Facebook and Instagram.

"Within the realm of Twitter, I think people figured out the star pretty quickly," said Cornish, who has more than 2,000 followers.

"When you first join Twitter, it is pretty disconcerting; but it's not an impenetrable fortress that you can't figure out. I don't think the star is that confusing."

Cornish writes posts about the Toronto Blue Jays on her blog [humandchuck.com](http://humandchuck.com), and said she's previously used the "favourite" button as a way to acknowledge people who send nice tweets about her or her writing.

"Me favouriting a tweet is not the same thing as saying this is my favourite kind of ice cream or these are my favourite shoes."

THE CANADIAN PRESS

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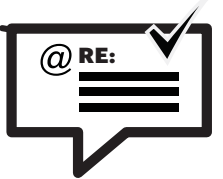
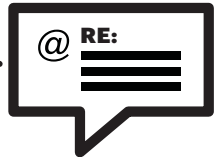
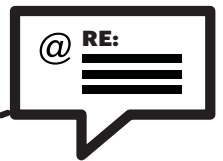
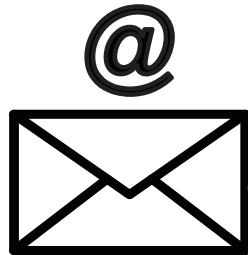
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Smart Reply will be released on Thursday. ILLUSTRATION: ANDRES PLANA/METRO

# New Google tool to reply to emails

#### SOFTWARE

## Search giant's Smart Reply offers choice of short answers

Thanks. Got it. Will do.

These are the kind of rote email responses Google wants to save users from typing with a new tool that generates automatic replies.

The Internet search giant will introduce Smart Reply on Thursday to its Inbox by Gmail app for Android and iPhones. The software scans emails to capture the gist of what is be-

ing said and suggests three short phrases in response.

Users select the best option at the bottom of a smartphone screen. Then they can either click send or tack on a more personalized message.

Smart Reply learns to predict likely answers based on past responses.

However, experts are not convinced the tool will do much to address the time management and productivity problems associated with e-mail culture.

Many employees suffer from stress related to the number of emails they receive, expectations for replies and pressure to be connected 24/7, said Ste-

phen Liptrap, executive vice-president at human resources and technology consultancy Morneau Shepell.

"I just don't think (Smart Reply) is going to help reduce stress in peoples' lives," Liptrap said. "If it automatically generates a reply for me, then the machine on the other end replies to that and I almost worry that we end up with more messages."

Instead, Liptrap said 20 to 50 per cent of emails could be eliminated if people were more conscious about whether a response adds value and who we include on the reply.

"You should be managing your outbox rather than

your inbox," he said. "If we had everyone be a little more thoughtful rather than instantaneous on replying, all of us would have less messages and we would all have more time to focus on things that are bigger priorities."

About 80 per cent of the emails we receive do not reply a response, said Dawn O'Connor, an email etiquette expert and director at Think Productive.

Her corporate clients spend an average of two to three hours each day on email. About 40 per cent of respondents to a study by her firm said they feel overwhelmed by the messages. TORSTAR NEWS SERVICE

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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION

**I have the world's worst boss. On the weekend, I sent him an angry email (I admit I was drinking). I basically told him he was unfair to his staff. He hasn't said anything, so I'm hoping he missed it. What should I do?**

Dear Ellen,

I have the world's worst boss. Every week we have a departmental meeting but he's always late. It's a very high-pressure job so it's extremely frustrating to waste time waiting for him. Also, he never sticks to the agenda. Instead, he brings up random items and becomes irritated when people are not prepared to discuss them. There are lots more problems, but my big problem is that I sent him an angry email on the weekend (I admit I was drinking). I basically told him he was unfair to his staff. When I came back to work on Monday, he didn't say anything, so I'm hoping he missed it because he gets so many emails. But I'm also worried he's just waiting to sarcastically criticize me at the next weekly meeting, which is how he fired the last person here.

What should I do?

Anita, Toronto

Dear Anita,

I can't pretend I've never sent a drunk-and-disorderly email. My solution on one occasion — in the sudden, horrifying realization of what I'd done — was to quickly send 50 more emails with blank messages, and then send a final email claiming I'd been hacked. I was hoping the target of my attack would see so many emails in his inbox that he wouldn't bother to read any of them. I can't remember if it worked or not. Sometimes failing memory is a good thing. In any case, it's too late

**Do not drink and then attempt to operate any electronic devices.**



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for you to try this tactic.

As for your angry email, I'd love to tell you to quit so you don't have to work for this sociopath anymore, but I'm sure you've already considered that option. And the fact is, no matter where you work, there will always be at least one person in the office who seems determined to make your life a living hell.

I've experienced many versions of the type. One uncouth, gluttonous co-worker used to scarf down weird-flavoured potato chips all day. Judging by his breath, I'm guessing his favourite was extra-garlicky cabbage roll. Then he'd lean into my cubicle and smear his greasy fingers all over my computer screen to make unhelpful editing suggestions. Another co-worker spent all day interrupting my concentration to talk about her hair, and her boyfriend, and her diet, and her hair, and a dream she had about her boyfriend, and also

a diet-hunger dream she had about her hair. Looking back, I think getting fired from that job would have been an act of mercy.

But at least those co-workers' sins were out in the open. More dangerous were the colleagues who appeared to be pleasant and professional, but were really back-stabbing, idea-stealing, confidence-undermining, power-sucking corporate sluts. Unfortunately, this latter category is the group from which many managers and supervisors are drawn — including your boss. He's clearly a prime example: a petty bully who's not secure or smart enough to know that treating people well is actually the best way to get them to work hard and be more productive.

So what should you do? If the email was a profanity-laced rant that no polite person would inflict on another human being, I'd suggest going to your boss in person

and apologizing. But if he's as bad as you say, and if your email simply, and accurately, called him "unfair to his staff," there's no point. He'd likely meet any apology with ridicule rather than gracious acceptance.

My advice is to pretend it never happened. If he's going to fire you, there's nothing to be done except wait for it with all the dignity you can muster.

In future, my added advice is to state the obvious: Do not drink and then try to operate any electronic devices. If you must stab out an abusive message, send the drunk version to yourself, and review it in the morning.

You'd be surprised how satisfying and often hilarious it can be, not to mention the salubrious sense of relief with which you'll start the day.

**Need advice?**

**Email Ellen:**

scene@metronews.ca

## ROSEMARY WESTWOOD

metroview

**Sure, rehire the FHRITP guy. Maybe a dose of humility reformed him.**

You know how you can lead a horse to water, but you can't make it drink?

Well, there's this sister saying: If you lead a horse to water, sometimes, it takes a drink.

And that's why we should be just fine with the F--k Her Right In The P---y guy getting his job back at Hydro One.

Remember him? He didn't yell FHRITP at a female journalist during a live broadcast, but he defended the guy who did, calling it "f--king hilarious." Shawn Simoes was fired, but has since been rehired via an arbitration process. His union claims Simoes made "extensive efforts" to make amends, including sensitivity training, a donation to an anti-violence-against-women group and an apology to the reporter, Shauna Hunt.

Who knows how much he donated, or whether he's been sufficiently sensitized, or even if he meant that apology, offered days after his conduct went viral.

But I do know this: I want a society where it's possible for jerks to be rehabilitated. Where misogyny isn't just ostracized, but effectively neutered. Where we expect people to learn and change, even idiots.

So, Shawn over here, Mr. Arrogant, Sexist, Belligerent — there's a good chance international condemnation, the potential loss of his liveli-

hood, the sincere expression of anger from Hunt, and especially the post-incident sobriety all might have collided in his head and caused him to rethink his stance on rapey expletives.

Maybe it hit the next day. Or maybe the revelation arose gradually, like body odour, and he was like, "What is that odd feeling?" Then: "Oh God, it's remorse!"

Then maybe he went to his mum (as so many of you insisted he do) and was like, "Mum, I understand that since I wouldn't yell 'F--k Her Right In The P---y' at you, I shouldn't yell it at other women."

Then he went to his employer and was like, "Boss, I'm the not the man I was." I understand that we want idiots to know there are consequences to idiocy. But, like those in favour of lower incarceration rates, I think we have to allow for rehabilitation.

If we banished everyone who's to some degree a misogynist, we'd soon be able to hear our own echo in the streets. Women's rights haven't come this far by assuming everyone who thinks differently is inherently malformed and unworthy (or incapable) of change.

Like a horse brought to water, there's a chance Simoes took some big gulps of humility, and it's a chance I'm willing to take.

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# Bridging culture, bold taste

## NOPI COOKBOOK

## Where Asian, Middle Eastern and Western worlds meet

**Melita Kuburas**  
Metro | Canada



If you're attempting one of the more complex recipes in his new cookbook with an unsteady hand, writer Yotam Ottolenghi pleads this: "Never experiment on your guests. Always experiment on your family."

Ottolenghi had just flown into Toronto and shortly after signing a stack of books and rushing through a meal prepared by George Brown College culinary students, he was answering questions about Nopi in front of more than 200 fans gathered at the school's auditorium. Nopi (Appetite by Random House, \$45) is a sophisticated collection of dishes co-created by Ramael Scully, the head chef at his London, U.K. restaurant of the same name.

It's hard to believe they didn't use a food stylist.

The colours are bold; grapefruit pinks and cilantro greens popping out of the shadows of fried meats that are made glossy with pastes and glazes like miso butterscotch and the soy-based Asian master stock — "liquid gold" that is the secret behind a couple of the signature dishes in this book, Ottolenghi writes.

The stock in Nopi is derived

from Scully's Southeast Asian background, a tradition passed on from his family including his mom, whom he still admittedly calls for help if he gets "stuck" on a recipe.

"It's a very unique technique that most chefs would not know," Ottolenghi tells Metro about the stock (recipe on pg. 304). "It's something that you kind of have all the time in the house and you can reuse and reuse. As long as you boil it up properly you can have it for years."

Aside from Nopi, Ottolenghi owns a handful of deli-style restaurants around London. While his four previous books were all New York Times bestsellers, it was 2011's Jerusalem that shook up the culinary world by spawning cooking parties, Instagram hashtags and Facebook accounts where a devoted fan base shared their creations of the Middle Eastern dishes.

"The Jerusalem thing was inspiring for people in many ways, because I think they thought they were almost doing something political," Ottolenghi says.

"Sami (Tamimi) and I come from the two sides of this warring place and in a sense I think that was one of the motivations.

### RAMAEL SCULLY:

"You've got three components: you've got the lamb, that's been lightly marinated in herbs. You've got the red onion pickled and peppered salsa, and you can put that salsa with a piece of fish. Then you've got this peanut sauce that you can also use with fish, or as a crudité dip for a dinner party."



Take your time with a Nopi recipe and choose one you're comfortable with. Lamb Loin with Peanuts, Coconut Milk and Red Onion Salsa is "pretty straightforward," Ramael Scully says. See the following page for the recipe.



It (also) featured a lot ingredients people hadn't used before: date syrup, pomegranate syrup, tahini paste ... infused water (orange blossom water and rosewater).

It was a journey of discovery to cook through this book," he says.

Ottolenghi uses food to bridge flavours, cultures and worldviews in a way that is challenging but ultimately makes sense. This is likely what makes the self-described recipe writer ("I don't work in a kitchen anymore, he says") so popular.

Nopi is where the Asian, Middle Eastern and Western worlds meet. Ginger is a key ingredient throughout — one of Scully's favourite spices, it's used in a "non-Asian" context such as a butternut squash with tomatoes and lime yogurt.

Yogurt is another staple here. "We took yogurt to different levels," Scully says. "I've smoked it, caramelized it."

Whatever the twist, they want Nopi to "open people's minds," Ottolenghi says.

"The idea is not to introduce new ingredients for the sake of it but just show how old ingredients and new ingredients can come together and you have a whole new experience with food."

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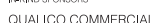
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**Rayna Marlee Schwartz, 28, a freelance prop and crafts stylist in Toronto, found a video online demonstrating how to make apple roses. This photo, which she posted on Twitter, shows her version.** THE CANADIAN PRESS/HANDOUT

# Viral videos are the new cookbook

## THE INTERNET

### Online tutorials have the benefit of community

It seems you can't scroll through Facebook anymore without coming across another slick, quick video recipe.

A Tip Hero video tutorial demonstrating how to make baked apple roses went viral and has garnered 200 million views on Facebook.

Rayna Marlee Schwartz, a freelance prop and craft stylist in Toronto, saw the apple roses recipe — which involves rolling slices of the fruit with puff pastry and baking them in a muffin tin to resemble a flower — online and decided to give it a try.

"I think the videos are really great because ... it breaks it down step by step and I know I (can) watch it over and over again as I go," said Schwartz, 28, who shared her results on Instagram,

Twitter and Facebook.

Katherine Holland, a 31-year-old Toronto-based photographer, was lured by the apple roses video recipe and said she appreciated that she could see the whole process from start to finish in just over a minute.

"Whereas if you're watching ... the Food Network, to make one of those things you're committing to 35 minutes and by the time you're done you're like: 'I have no interest in this anymore. That is the amount of time I could have actually made that,'" she said.

If there's a drawback to getting hooked on the social media recipe trend, it's trying to find the right instructions when you need them, said Nada Bakraky, 29.

"I made these pumpkin cream cheese muffins before from Pinterest, but when I went to find (the recipe) again there were so many variations I couldn't figure out which was the one I'd used the first time," said Bakraky.

"I started writing them down in my own cookbook. But I've stopped buying cookbooks.

Everything's online."

Schwartz admits that her tech toys have taken some abuse since discovering online recipes. "My iPad, when I'm baking, it's covered with flour and egg and everything. It's just thrown on the kitchen counter. I'm touching it with my dirty hands," she said.

Holland, who can't eat gluten, dairy or eggs, said she also loves that online recipes commonly have comments attached that help her make her own tweaks.

"You'd never get that from a cookbook," she said.

Even the pros have embraced the online chatter around recipes and are adapting. British-based chef Yotam Ottolenghi, owner of five London restaurants and author of the new Nopi cookbook, started using Twitter about four years ago and now also posts on Instagram, Pinterest and Facebook. "It's been very useful for me, first of all, to engage with people and understand what's going on and also because I like to get a good idea of what people do with the food," he said.

THE CANADIAN PRESS

## RECIPE

# Lamb loin with peanuts, coconut milk and red onion salsa

## Serves 4

### Ingredients

- 1 lb 7 oz (650 g) trimmed lamb loin
- 5 rosemary sprigs, stems discarded and leaves coarsely chopped
- 6 cloves garlic, skin on, crushed with the flat side of a large knife
- 3 Tbsp olive oil
- 4 or 8 caper berries, halved lengthwise, to serve
- Coarse sea salt and black pepper

### Peanut sauce

- 3 1/2 oz (100 g) roasted, salted and skinless peanuts
- 5 tsp sesame seeds, toasted
- 1 medium red chile, coarsely chopped
- 3 anchovies in oil, drained and coarsely chopped — 1/3 oz (10 g)
- 2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1/3 oz (10 g) cilantro, leaves and stalks coarsely chopped

- 3 Tbsp coconut milk

### Pickled onion salsa

- 1/2 small red onion, sliced into 1/32-inch (1-mm) rounds — 3 1/2 oz (50 g)
- 1/2 tsp sumac
- 1/4 tsp superfine sugar
- 1 Tbsp cider vinegar
- 2 1/2 oz (70 g) jarred piquillo peppers, sliced into 1/32-inch (1-mm) rounds
- 1/3 oz (10 g) parsley, finely chopped

1. Place the lamb loin in a non-metallic container with the rose-

mary, garlic, olive oil, 1 Tbsp of salt, and 1/2 Tbsp of black pepper. Mix well and leave to marinate in the fridge for at least 4 hours or, preferably, overnight. Take the lamb out of the fridge half an hour before you are going to cook it, to bring it to room temperature.

2. Place all the ingredients for the peanut sauce in a food processor. Blitz to form a smooth paste and set aside until ready to use.

3. To make the salsa, place the onion slices in a bowl and add

the sumac, sugar, and 1/4 tsp of salt. Rub in the seasonings before pouring over the vinegar. Add the peppers and parsley, mix gently, and set aside.

4. Place a grill pan over high heat. Remove the lamb from the marinade and discard the marinade. Season all sides of the lamb with 1/2 tsp of salt and some black pepper, then sear for 2-3 minutes, turning so that all sides get browned. Reduce the heat to medium and cook for another 6-8 minutes, until pink in the middle, or a

minute or two longer if you want it well done. Let the lamb rest for 2 minutes before cutting it crosswise into 1/3-inch (1 cm) slices. Divide the slices among four plates and spoon the peanut sauce and salsa on top or alongside. Garnish with a caper berry or two and serve.

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**Chefs Yotam Ottolenghi, left, and Ramael Scully.** HANDOUT



# You can't beet this recipe

## WORD OF MOUTH

All parts of this purple root can be made into tasty dishes

**Theresa Albert**

For Metro Canada



Do not throw away anything! The sustainable “nose to tail, tip to fin before the compost bin” is a wise habit of yesteryear that has returned.

Think of some of the food items that you would normally toss that could have second life: Celery ends, onion skins, chicken bones and carrot tops make perfect soup.

But beets offer the best bang for your autumn buck.

- The beetroot itself can be scrubbed and roasted in the oven, skins on, for 45 minutes at 400 F.
- The greens can be rinsed and pan-fried with extra virgin olive oil, minced garlic and a pinch of sugar.



Beet stems can be turned into fresh pickles for a charcuterie board. PHOTOS: THERESA ALBERT

- The stems can be lopped off and turned into fresh pickles for your charcuterie board in no time.
- 2 tbsp honey
- ¼ cup white wine vinegar

### Beet Stem Pickles

1. Cut stems into a uniform size to fit into a mason jar.
2. Bring water to a boil and add garlic, salt, mustard seed and honey and simmer for 2 minutes.
3. Turn off heat and add vin-



Beet stem pickles can be served 48 hours after being jarred.

egar. Place stems into jar and pour liquid over topping with more vinegar to fill.

4. Cover with lid and shake. Store in fridge for 48 hours before serving, shaking on occasion.

5. Consume within 6 weeks as pickles, in salads or on a charcuterie board.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

## LIQUID ASSETS

# Belvedere marks Spectre opening

**Peter Rockwell**

For Metro Canada



For Bond, James Bond fans, like yours truly, Christmas comes early this Friday with the release of Spectre. It's the 24th time Britain's booze-friendly spy has hit the big screen.

Aficionados of Bond's liquid preferences did a unified spit-take last time around when 007 was seen sipping a brewski and virtually ignoring a chilled bottle of Bollinger champagne in Skyfall.

The sigh of relief was near deafening when Belvedere vodka announced that they were stepping up to product-place their brand into Daniel Craig's hand, ensuring that his signature Vesper martini would make an appearance in Spectre.

To commemorate their union, Belvedere has released a tie-in Limited Edition 007 (\$49.95) version of their luxury Polish vodka.

While inside you'll find the distillery's distinctively silky smooth neutral spirit, it's the outside that will have fans shaken, not stirred.

Circling the Belvedere mansion with the classic Bond rifling swirl, they've added the 007 logo and the creepy octopus symbol of Spectre to the bottle's design. Bond has never looked or tasted better.

Prices reflect the range across the country. Some products may not be available in all provinces.



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**WHAT I'M WATCHING FARGO: SEASON ONE, EPISODE 10 (SHOMI)****I rarely pay attention to music on TV shows, but Fargo's is magnificent**

**Johanna Schneller**  
For Metro Canada

**The Score**

Extremely capable, extremely pregnant police detective Molly Solverson (Allison Tolman) starts to tell her chief, Bill Oswalt (Bob Odenkirk), that the case they've been working is almost over — they're closing in on the soulless psychopath (Billy Bob Thornton) who's wreaked so much havoc in their tiny town of Bemidji, Minn.

But she's stopped by the sadness in his eyes. "I quit," he tells her. "I don't got the stomach for it ... I used to have positive opinions about the world, about people.... Now I'm staring into the fireplace, drinking. I never wanted to be the type to think big thoughts about the nature of things."

It's a lovely moment about a decent man who can't fathom indecency. But what really moved me is how the score, by Jeff Russo, echoed everything Oswalt said in



**Fargo is the thinking person's cop show with a score that makes you feel things in your gut.** HANDOUT

the swell of its strings and horns. I rarely pay attention to music on TV shows, but Fargo's is magnificent: chilly and ominous when it needs to be, but always with an undercurrent of mournfulness, a throb of humanity. The series is a brainiac's delight — each episode is named for and makes reference to a famous philosophical paradox or dilemma, or a zen koan.

The scripts ruminate on the nature of mankind:

What is good? Why do we perpetrate violence? Are we all capable of evil? The actors, with their deliberate overlay of naiveté, do a wonderful job of selling those questions. But it's the score that makes you feel them in your gut.

**Johanna Schneller** is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

**CONTROVERSY****Police group calls for Tarantino boycott**

Calls by police groups to boycott Quentin Tarantino's *The Hateful Eight* are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle.

A growing number of police groups have called for the boycott of the upcoming release after remarks the director made during the Brooklyn rally against brutality on Oct. 24 where he said: "I'm a human being with a conscience. And if you believe there's murder going on then you need to rise up and stand up against it."

THE ASSOCIATED PRESS



**Quentin Tarantino**  
THE ASSOCIATED PRESS

**COMEDY****Ansari one step closer to mastery**

By one measure, Aziz Ansari has taken just a baby step with *Master of None*.

The new Netflix comedy series, whose 10 episodes premiere Friday, arrives as the latest in a TV genre of stand-ups (think Jerry Seinfeld, Louis C.K., Jim Gaffigan) depicting versions of themselves both on and off the stage.

But *Master* is its own distinctive thing, thanks to the distinctive voice of Ansari — a top stand-up who can pack Madison Square Garden in addition to being a capable actor building on his seven-season run as pint-sized impresario Tom Haverford on *Parks and Recreation*. He also created, produced and wrote *Master* (in cahoots with fellow *Parks and Rec* alum Alan Yang) and directed two episodes.

Granted, the 32-year-old Ansari hasn't strayed too far for his new character, Dev, a first-generation Indian-American and aspiring actor who lives in New York, where he has found moderate success doing TV commercials and spends his ample free



**Aziz Ansari plays himself in *Master of None*.** HANDOUT

time with a varied troupe of friends.

"There's no big premise," says Ansari. "I tried to make the series similar to stand-up in the way each episode deals with a particular topic: long-term relationships, elderly people, how Indians are stereotyped on TV. I've enjoyed all the acting work I've done, but, until now, only in my stand-up have I felt like I've been able to get out my voice."

THE ASSOCIATED PRESS

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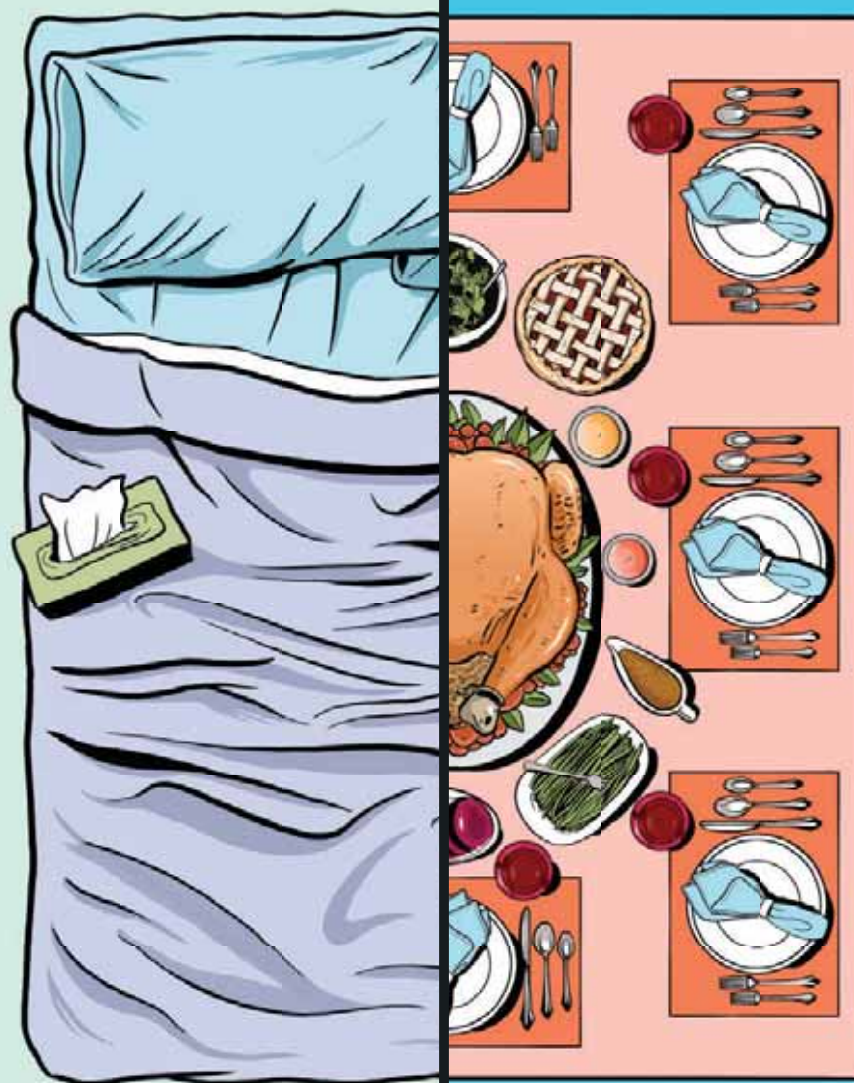
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Adele spent half a year writing *Hello*. She shares this, and other things you may have not have known about her, in a new *Rolling Stone* cover story. HANDOUT

# Five things Adele wants you to know

ROLLING STONE COVER

## Singer spills about drinking, celeb feuds

Matthew Lee  
Metro | New York



Adele is on the cover of *Rolling Stone*, and she has a lot to say. Because you're a busy person, we've boiled down the article to the five most important things that you need to know:

### 1 It took her six months to write *Hello*. Six months!

"We had half a song written," says producer Greg Kurstin, who didn't know if Adele was ever going to come back and finish it. "I just had to be very patient."

### 2 She quit smoking and

cut down the drinking. "I absolutely loved it, but it's not that f—ing cool when I'm dying from a smoking-related illness and my kid is, like, devastated," she says. "I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know. They pick up on it and just go for you."

### 3 She wants *Bad Girl RiRi* in her squad.

"I've heard about a squad. I wish my squad was all supermodels. We are, in our brains. I guess I have my own squad," she says. "It's not as interesting as

some of the other squads that are around right now. But maybe Rihanna can be in my squad! That would be really cool."

### 4 Don't think about pitting her against other pop stars.

"I would rather not be that person because that's just pitting a woman against another woman, and I don't hold any more moral high ground than anyone else. So that has pissed me off a bit."

### 5 She's a feminist.

"I believe that everyone should be treated the same, including race and sexuality," she says.

**I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know.**

## BRIEF

### Will Kardashians cash in on Odom overdose?

Now that Khloe Kardashian has settled into nursing estranged husband Lamar Odom back to health following his Nevada brothel collapse, mom-ager Kris Jenner is reportedly making her an offer she (probably) can't refuse. Jenner is said to be dangling a raise in front of Khloe in exchange for including the Odom story on their reality show, according to Radar Online. And sister Kim is not happy Odom is stealing her pregnancy thunder. "She wants the birth of her son to be the centerpiece and not Lamar's overdose," says the source.



METRO

## INTERVIEW

# Robin Williams' wife speaks of his illness

Robin Williams' widow says his medical afflictions would have claimed his life within three years — "hard years" — and that she doesn't blame him for his suicide.

Susan Williams said the actor-comedian had not only been diagnosed with Parkinson's disease, a progressive movement disorder, a few months before his death, but also that a coroner's report found signs of Lewy body dementia, a difficult-to-diagnose condition that leads to a decline in thinking and reasoning abilities. That may have contributed to

the anxiety and depression for which he was treated in his last months, and that likely played a role in his August 2014 suicide by hanging.

Though there were many reasons why he ended his life, she said, it may have all come down to one: "I think he was just saying, 'No.' And I don't blame him one bit."

Williams' symptoms began in November 2013, she said in an interview that aired Tuesday on ABC's *Good Morning America*. They included stomach pain, constipation, urinary trouble

and sleeplessness. By the following May, he was suffering from stiffness, slumping, a shuffling gait and "losing his ability in his voice," she said. "It's one minute, totally lucid," she recalled. "And then, five minutes later, he would say something that wasn't — it didn't match."

In what would be the final week of his life, doctors were planning to check him into a facility for neurocognitive testing. But in those last weeks, he was "disintegrating before my eyes," she said. "We were living a nightmare." THE ASSOCIATED PRESS

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# Surprise! Yaris sedan returns



## REVIEW

## Now with more personality and lots of non-Toyota parts

**Mike Goetz**

For Metro Canada



"Don't it always seem to go/That you don't know what you've got till it's gone."

When Joni Mitchell sang that line in her song Big Yellow Taxi, I'm pretty sure she wasn't emoting about the Toyota Yaris sedan.

While the Yaris hatchback has remained a constant and popular subcompact player, its sedan sibling hasn't been around for a few years.

The cruel truth is not many of us noticed. That version might have been very serviceable as a small sedan, but unfortunately it was also very nondescript.

This time around Toyota went for more personality, as per its recent strategy to break free of its historically conservative brand image.

It's also different in another major way. The Yaris sedan utilizes the same basic platform as the Mazda2, and is built by Mazda at its brand new facility in Salamanca, Mexico.

Partnerships like this are not uncommon in the auto industry, so no big deal there, but the very distinctive and swooping "Kodo" styling embodied on Mazda products at the moment is a curious element to bring to a Toyota product. Especially when Toyota has gone to a very large and dis-

tinctive trapezoidal front grille design. I don't know if marrying those two elements works? Styling is subjective so I'll shut up now about its looks and let you decide for yourself.

As far as the car goes, it's a really sporty and decent performer. Mazda's 1.5-litre four is rated at 106 hp, but from the driver's seat it actually feels feistier than that. Certainly fostering the notion is the raspy engine note, an automatic transmission with a very direct feel, and that well-regarded and stiff Mazda2 chassis.

The optional 6-speed manual should make this small sedan even more fun, but if you're expecting stuff like a big info display, better and more connected audio system with voice command, heated seats, and back-up camera, you'll have to migrate to the "automatic" model (\$18,200) and add its exclusive Premium Package (\$2,000).

The bones of the cabin are also Mazda, with its prominent top-of-the-dash mounted touchscreen, which can also be navigated with a console-mounted controller. Not a fan of the system in the Mazda and same thing here.

But otherwise the cabin is nicely executed with lots of chrome accents and soft-touch trim, and a steering wheel that's lovely to hold and fitted with switches to access Bluetooth and audio.

Making a small sedan is always dicey, as hatchbacks are able to give you more room and versatility for the same meagre footprint. But if you're going to build one, it makes sense to go this route and make it feel just like a smaller version of those larger and coveted premium sports sedans.

## THE CHECKLIST | 2016 TOYOTA YARIS SEDAN

### THE BASICS

**Type.** Four-door, five-passenger subcompact sedan  
**Engine (hp/torque).** 1.5-litre I4 (106/103)  
**Transmissions.** 6-speed manual, 6-speed automatic  
**Price.** Base \$16,995, as-tested \$22,200 (plus destination)

### COOL FEATURES

- Available info display with 7-inch touch screen, 6 speakers, 2 USB ports, auxiliary jack, voice recognition and back-up camera
- Power adjustable and heated outside mirrors
- Bold face with hexagon lower grille, chrome and modern sharp-eyed headlights; chrome tailpipe and piano black bumpers
- Standard keyless entry, push-button start and cruise
- 60/40 split rear folding seat
- Surprisingly roomy trunk (382 L)



MIKE GOETZ/FOR METRO

### POINTS

- Based on a Mazda2 and built by Mazda at its new Mexican plant
- Sold in U.S. as the Scion iA
- Automatic transmission with lock-up converter provides more city/highway combined fuel efficiency (6.4 L/100 km) than 6-speed manual (6.7 L/100 km)

### MARKET POSITION

- Targeted at young and mature customers who don't need lots of room, but still covet premium features
- More of a European take on the small-car segment, where vehicles are expected to have sporty and agile handling, and expressive styling

## THE COMPETITION



**Ford Fiesta sedan**  
Base price: \$15,399



**Hyundai Accent sedan**  
Base price: \$13,899



**Chevrolet Sonic sedan**  
Base price: \$19,645

## CHEMISTRY

# Goodbye to gasoline? Lithium-air battery closer to reality

A new kind of chemistry could power lithium-air batteries over long-standing technological hurdles, leading toward a product that may one day be strong enough to replace gasoline in cars, researchers said Thursday.

Rechargeable batteries have been around for decades — the lithium-ion battery that powers many mobile devices is marking its 25th anniversary next year — but scaling up the technology to the level of powering automobiles has proven difficult.

Researchers have spent years looking into a kind of battery

known as lithium-air, or lithium-oxygen, which could provide 10 times more power, and possibly enough energy density to compare with gasoline, but these too have been plagued by practical problems.

While an ultimate lithium-air battery remains at least a decade away, researchers at the University of Cambridge say they have patented a technology that overcomes some of the major obstacles.

Senior author Clare Grey, a chemistry professor at the University of Cambridge, said her

team's "significant achievement" has been making strides toward high capacity "and the fact that we've taken the efficiency down into numbers that compete with current lithium-ion technology," she told reporters.

Since the technology is still in the lab phases, it is not possible to directly compare it to currently available technologies, she said.

But the latest approach has shown increased energy efficiency of up to 93 per cent, and does so by relying on a very different kind of chemistry than previous attempts, employing

lithium hydroxide (LiOH) instead of lithium peroxide (Li<sub>2</sub>O<sub>2</sub>).

The "demonstrator relies on a highly porous, 'fluffy' carbon electrode made from graphene (comprising one-atom-thick sheets of carbon atoms), and additives that alter the chemical reactions at work in the battery, making it more stable and more efficient," said a statement from the University of Cambridge.

The result is another step on the path toward a more practical, high-powered battery, said Grey.

The paper is published in the U.S. journal Science. AFP



Rechargeable batteries have been around for decades but scaling up the technology for cars has proven difficult. ISTOCK









The Toronto Blue Jays exercised the options on outfielder Jose Bautista, right-hander R.A. Dickey and first baseman/DH Edwin Encarnacion

# Oilers must improve and support linchpins like Hall



THE HOCKEY NEWS

Ryan Kennedy  
FOR METRO

At the least, a team needs its best players to actually be its best players, and for Edmonton, Taylor Hall is living up to billing so far. Sure, the Oilers are still scuffling in the standings, but there are silver linings.

With an annual average salary of \$6 million long-term, Hall has one of the biggest contracts on the team.

Throughout his NHL tenure with Edmonton, which began directly after the franchise tabbed him with the first overall pick in 2010, Hall has been a gamer.

Sometimes his enthusiasm and drive have gotten him in injury trouble, but as he told me over the summer, he has seen the errors of his exuberant ways.

What you are left with is a powerfully built speedster who trains with his former elite athlete dad (who played both football and competed in bobsled at a high level) during the off-season, focusing on being a better athlete himself, not just a better hockey player.

The transfer of skills is evident. Hall is Edmonton's best possession player this season and also the team's top scorer,

edging out super-rookie Connor McDavid, 13 points to 12 so far. The fact the players do their thing on different lines is key for the Oilers, though overall team success has yet to follow.

Once again, Edmonton is one of the worst teams in goals-against in the NHL. Sure, the Hall-and-McDavid-led offense ranks just outside the top 10, but that defense is bottom three, scuttling any progress.

While the possession stats of players such as Hall hypothetically help in that manner, he is only one player among many and goalie Cam Talbot hasn't been the silver bullet some expected in net.

The deflating loss to arch-rival Calgary on Halloween certainly hurt and with the Penguins, Blackhawks and desperate Ducks coming up soon, there is no time for the Oilers to reset. Hall is doing his job up front, but structurally this team needs to step it up again.

While there are no outward signs that Hall is letting an NHL career of nothing but losing get to him, it's hard to imagine that being the case much longer. This season held so much promise and it is quickly going by the wayside. Hall is no passenger, but the ship may be going down anyway.



Edmonton's Taylor Hall has excelled this season with a team-high 13 points but the Oilers need to concentrate on defense if his good work is going to matter in the long run. RICH LAM/GETTY IMAGES

## NHL ROUNDUP

### Senators edge Canadiens thanks to Turris OT strike

Kyle Turris scored 34 seconds into overtime to lift the Ottawa Senators to a 2-1 victory over the Montreal Canadiens on Tuesday.

Turris, with his eighth goal of the season, finished a two on one with Mike Hoffman. Jean-Gabriel Pageau also scored for Ottawa (6-4-2), while Dale Weise tallied for Montreal (11-2-1). THE CANADIAN PRESS

### Stars win as Seguin hits three against former team

Tyler Seguin scored three goals against his former team as the Dallas Stars beat the Boston Bruins 5-3 on Tuesday night.

Jyrki Jokipakka scored his first NHL goal and Alex Goligoski scored his first of the season for the Stars, who ended Boston's four-game winning streak despite being outshot 39-19. Loui Eriksson scored twice for Boston. THE ASSOCIATED PRESS

### Hayes plays pivotal role as Rangers rout Capitals

Kevin Hayes snapped a tie late in the first period, and the opportunistic Rangers beat the Capitals 5-2 on Tuesday in their first game since New York defeated Washington in seven games in the Eastern Conference semifinals last spring.

Hayes, rookie Oscar Lindberg, Kevin Klein and Derick Brassard each had a goal and an assist as the Rangers extended their points streak to seven games (5-0-2).

THE ASSOCIATED PRESS

## WORLD CUP OF HOCKEY

# Babcock expected to be named head coach of Team Canada



Mike Babcock led Canada to gold medals at the 2010 and 2014 Olympics. PAUL CHIASSON/THE CANADIAN PRESS

Hockey Canada is expected to name its coaching staff for the 2016 World Cup of Hockey on Thursday in Toronto.

Mike Babcock of the Maple Leafs is expected to be named head coach after leading Canada to gold medals at the 2010 and 2014 Olympics.

According to reports, Babcock will have Joel Quenneville of the Chicago Blackhawks and Claude Julien of the Boston Bruins on his staff.

Quenneville has won the Stanley Cup three times in the past six seasons, while Ju-

## + ROSTERS

Each team must name a 16-man roster by March 1 and a full roster by June 1.

lien coached under Babcock at the Sochi Olympics and won it in 2011.

Babcock, a Cup winner in 2008 with the Detroit Red Wings, was the obvious choice to return, as long as he was interested in doing so.

Steve Yzerman, who served

as GM for the past two Olympics, stepped aside for this event and said he wouldn't pursue the job for 2018 either.

Doug Armstrong of the St. Louis Blues is Canada's World Cup GM, working with assistants Ken Holland of the Red Wings, Bob Murray of the Anaheim Ducks, Marc Bergevin of the Montreal Canadiens, Rob Blake of the Los Angeles Kings and Scott Salmond of Hockey Canada.

Babcock got a lot of credit for his ability to slot star players into various roles in Sochi.

"Anyone who's had success on the international format that's what they're able to do because you're getting all the stars and you're putting them in spots they're not used to playing," said Peter Chiarelli, an assistant GM for Canada at those Games and co-GM for the 23-and-under Team North America at the World Cup. "In my experience in Sochi, that's one of the things that Mike Babcock and his staff did very well and it's something that you have to do to succeed at this level." THE CANADIAN PRESS



## METROTALKS TIE DOMI

Think you know Tie Domi? You are in for a surprise. As we found out during a conversation with the former hockey player, the on-ice enforcer — who skated from fight to fight — is cementing his legacy with his new memoir, *Shift Work*.

# Thoughts from the penalty box

**Dean Lisk**  
Metro | Canada

When you have a record for being a brute and a goon — 333 career fights in the NHL — how do you change people's view of you?

For Tie Domi, the answer comes from examining his past and focusing on experiences that led to lessons about respect and accountability on and off the ice.

"I love when there is all this speculation about what type of person I was and the role I played," said the former Toronto Maple Leaf, New York Ranger and Winnipeg Jet. "I am totally fine with that."

Sure, *Shift Work*, out this week from Simon and Schuster, has all the puck and stick tales you would want in a memoir of a high-profile player known for bringing action into the game (fights with Bob Probert and Scott Niedermayer, to name a couple), but it's more about the ordinary people who have inspired Domi with their values.

Domi says he was approached to write a book after he retired from hockey in 2006, but the timing wasn't right. He was going through a divorce and had lost money in the 2008 financial meltdown. At one point, he returned home to find an eviction notice tacked to his apartment door.

His life had ebbed too far to write the story he wanted. He planned for the book to be positive. Domi says the real lessons in *Shift Work* are the ones he learned off the ice.

There is the example of his immigrant father, John, a small-business owner living in Belle



Tie Domi opens up to Metro about his new memoir and takes on an intern in an arm wrestle. LIZ BEDDALL/METRO

River who taught young Tahir (Tie's traditional Albanian name) and his two other children the value of hard work and family.

There is Domi's own experiences attending the funeral of Wade Belak and seeing only three Leafs teammates there.

"I have always believed that life is too short to be negative. Moments like Wade's death and his funeral — and more importantly, the memory of his life — are another reminder to set your sights high and to never be afraid to ask for help to get there."

There are also the strangers. Strangers who became strong friends he admires for their positive attitudes. Rod who shines shoes, Milton and Joe, a waiter and bellman at the Four Seasons hotel in New York, and those coffee-shop employees who put up with customers talking on their cellphones and mumbling orders.

"People say, 'Why the back of your head? Why not your face?'" says Domi, pointing to the cover of his new book, which features the back of his helmet. "This wasn't about me."

"There are real-life stories

in there," he added, opening the book and pointing to the photos on the inner cover. "I can't go fight for the guy and stick up for him but I can say what they want to say, and that is why I did the book."

Still, the hockey lover will not be disappointed. In one chapter, the enforcer recounts a moment from his early days with the Rangers, when he scored a goal and rode his stick down centre ice in celebration. He was pulled into the training room by Mark Messier and told to stop the WWE antics.

"He looked me right in the

eyes and he said that I had to change my ways. 'You're never going to get respect in this league if you don't respect your peers!'" Domi writes.

"When you are in the public eye, people are always going to have their opinions — whether good or bad," says Domi. "The people who aren't well wishers, those type of people, that negative energy, I wasn't attracted to that in my friends or in my teammates. I was always positive and protected everybody."

"If you weren't positive, then you didn't last around on the teams I was involved in."

## + THE PLAYERS

We asked Tie Domi to give us his thoughts on some of his contemporaries — for better or worse — and some of the highlights from his career.

### Mats Sundin

"Unbelievable player. Unbelievable person. Unbelievable friend."

### Darcy Tucker

"Played hard. Tough as nails. Heart like a lion — and you could really rattle him easily."

### Eric Lindros

"Next..."

### Ed Belfour

"Him and Curtis Joseph are two of arguably the best goalies besides Johnny Bower, ever. Eddy Belfour is a great guy, a great teammate — an unbelievable teammate."

### Probert-Domi 1 versus Probert-Domi 2

Which is the better fight? "For me, Probert-Domi 1."

### Daniel Alfredsson

"A lot of respect for him; beat him four times in a row."



## + TUTORIAL ARM WRESTLING

### Wrist action

By his own admission, Tie Domi is an arm-wrestling champ. At 14, when Domi was a Junior C hockey player, his older friends would get him into bars — including Misty's near Pearson International Airport in Toronto — where he would smoke adults in arm-wrestling competitions. We asked him to show us his skills.

"I've never lost, so if you want me to break someone's arms, I'll break someone's arm," he said intensely. He calmed down when he was

introduced to Metro's intern, fourth-year Ryerson University journalism student Mallory Chate.

"I am not going to slam any girls. My daughter would be like, 'Dad, you beat a girl in arm wrestling? Are you kidding?'" Domi said before placing his right hand in Chate's left. "The key to cheating in arm wrestling is 'wrist first,'" he tells her as he turns his wrist so his hand covers hers. "Always get the jump."

**How did the tutorial go?**  
Visit [metronews.ca](http://metronews.ca) to watch Chate take on Domi.

## BOARDING

# Domi admits taking one for the team

**Matt LaForge**  
Metro | Canada

Tie Domi has a confession to make to Ottawa Senators fans: it wasn't all Ricard Persson's fault.

In his new memoir, *Shift Work*, Domi reveals that a pivotal moment in the Ottawa Senators' torturous playoff history against the Toronto Maple Leafs was not exactly as it appeared. The scene: May 12, 2002,

Corel Centre, Game 6 of the Eastern Conference semi-finals. The Senators are up 3-2 in the series and leading the game 2-0, well positioned to advance to the third round and, more important, to beat the Leafs in the playoffs for the first time in three consecutive tries. But with about seven minutes to go in the first period, Persson, an unheralded Sens defence-man, takes an ill-advised run at Domi from behind, sending the Leafs enforcer violently into the boards and opening a

bloody gash on his face. Persson gets five minutes and a game misconduct for the hit. The Leafs score twice on the ensuing power play. The Sens never recover. To this day, Ottawa still hasn't beaten Toronto in the playoffs.

Every Sens fan who was sentient at the time remembers the hit and its aftermath vividly, and for the past 13 years the entirety of the blame has been on Persson, who never played another minute in the NHL. But, as Domi was happy to admit to

Metro, the hardheaded winger had seen the hit coming and was able to turn it to his advantage.

"I see him coming and I step back from the boards, and he hit me and I ... cut myself purposely," Domi said as he mimed a deliberate headbutt against the boards.

"Two goals on the power play. I hate to ruin it for all the Senators fans."

In other words, Sens fans, the whole thing was even worse than you thought.



# RECIPE Salmon Rice Bowl



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

**Ready in**  
Prep time: 45 minutes

**Serves 4**

## Ingredients

- 1/2 cup soy sauce
- 2 tsp sesame oil
- 1/4 cup brown sugar
- 2 tsp sriracha sauce
- 3 Tbsp rice wine vinegar
- 3 salmon filets
- 1 cup rice
- 1 carrot, matchstick
- 1 pepper, matchstick
- 2 cups cabbage, finely shredded
- 1/2 cup edamame
- 1/2 avocado, cubed
- handful of sliced scallions
- 2 Tbsp sesame seeds
- 1 sheet nori, torn into small pieces (optional)

## Directions

1. Whisk together the first five ingredients and set half of it aside for dressing. Pour marinade over salmon, cover with cling film and place in the fridge for half an hour.
2. Preheat oven to 425 F. Cook rice according to package instructions.
3. Cover a baking sheet with foil. Place the salmon on the sheet and bake for about 8 minutes. Discard the remaining marinade. Remove from the oven and break cooked salmon into large bite-sized chunks.
4. In a large bowl, toss together the cabbage, carrot, pepper, edamame and avocado with the salad dressing. Place a large scoop of rice in each bowl, add a large scoop of salad mix. Top with pieces of salmon to the top and scatter over with scallions, sesame seeds and nori.

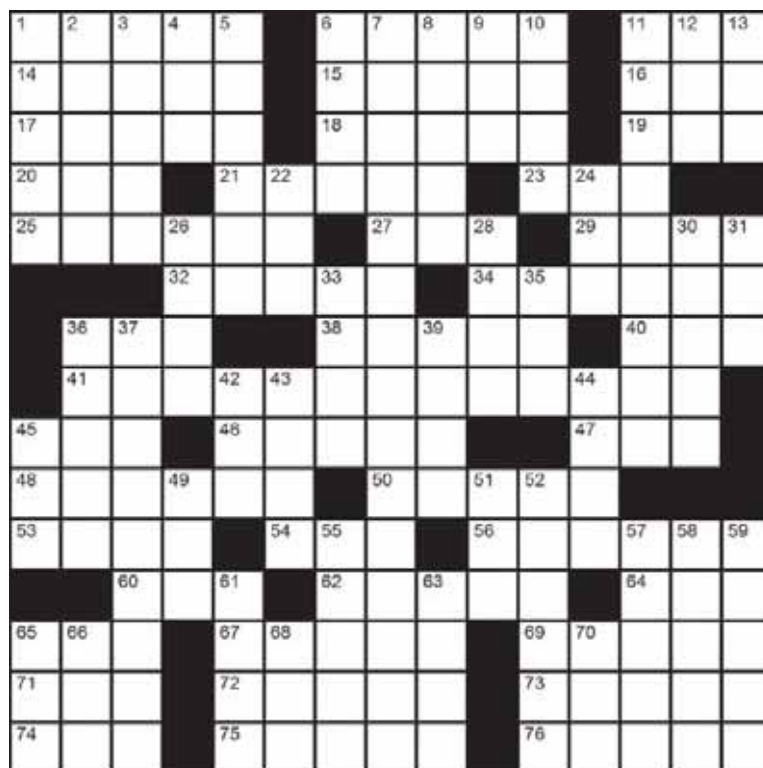
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Real estate agent's presentation
6. "Iron Chef America" host Mr. Brown
11. Wear
14. Horn, in Latin
15. Sir \_\_\_. Macdonald (Canada's first Prime Minister)
16. Pint drink
17. Lock of hair
18. Once \_\_ (Every 12 months)
19. Allow
20. Back then
21. Ms. Reid, and namesakes
23. "Fantasy food!"
25. Sort of soup
27. "WKRP in Cincinnati" news director
29. Component
32. Plaudit
34. Kind of overcoat
36. CFL positions, e.g.
38. Stately
40. There: Latin
41. 23rd Prime Minister of Canada: 2 wds.
45. 'Me' in Montreal
46. Waikiki welcome
47. Clinic pros
48. Acrylic fabrics
50. Go in
53. Subtraction opp.
54. Bow
56. \_\_ and dryer
60. "\_\_\_ all good." (Things are fine)
62. Famous cream-



- filled treats  
64. Inventor Mr. Whitney  
65. Room for reading  
75. \_\_/\_\_\_ question  
76. Irish poet W.B.

- ly swears  
73. \_\_ Corporal (Marines rank)  
74. Used to be  
75. \_\_/\_\_\_ question  
76. Irish poet W.B.

## DOWN

1. Eight-based

2. Shape the iron  
3. Refrigerant  
4. Nav. designation  
5. Characteristic of a log cabin  
6. Not quite closed  
7. In allegiance with Queen Eliza-

- beth: 4 wds.  
8. This stuff  
9. "\_\_\_ Carousel" by The Hollies  
10. Not one  
11. 1 of a 101 in the Disney movie  
12. Grand \_\_ Opry  
13. Goalie's area

22. Everything  
24. Increases  
26. Dick Tracy's beloved  
28. U.S.S. Enterprise crew member  
30. Puzzle type  
31. Prefix with 'angle'  
33. 'A' in AD  
35. Pointed the way  
36. Coastal sight in Norway  
37. The Parliament \_\_  
39. \_\_ muffins  
42. Neutral tone  
43. Character in "Casablanca" (1942)  
44. Makes mistakes  
45. New Zealand bird at one time  
49. Ottawa's li'l locale  
51. Testing, testing One, \_\_, Three...  
52. Without problem  
55. Chocolate-coated caramel candies  
57. Mehndi need  
58. Send to Parliament  
59. Drives  
61. Single-horse carriage  
63. Big name in gas stations  
65. Mountain \_\_ (Soft drink)  
66. Great time  
68. Road type, briefly  
70. Highlands negative

# ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Something will happen that makes you wonder if you were too quick to judge someone. Yes you were. Your mistake won't cost you much this time but check your facts in future.

**Taurus** April 21 - May 21  
Something you've been trying to keep a secret will be revealed for the world to see. There is no point trying to deny what you have done, so you might as well enjoy your notoriety!

**Gemini** May 22 - June 21  
Cosmic activity in a sensitive areas of your chart means it will be difficult, maybe impossible, to get through to loved ones today, so don't waste your time trying. They will come around when they are ready.

**Cancer** June 22 - July 23  
Try not to expect too much of yourself today because it is unlikely that you will get much done. Saturn's influence warns you need to take better care of your health. Take it easy.

**Leo** July 24 - Aug. 23  
Make life easier for yourself by avoiding confrontations and giving others the benefit of the doubt even when they do not deserve it. Why make life more difficult than it needs to be?

**Virgo** Aug. 24 - Sept. 23  
Little things will get under your skin today and you will find it hard not to snap at people. Those who know you well will read the signs and stay out of your way. Those who don't will learn the hard way.

**Libra** Sept. 24 - Oct. 23  
The best way to deal with setbacks is to greet them with a smile and show those around you that you are not in the least bit worried. It may not be true but pretend that it is.

**Scorpio** Oct. 24 - Nov. 22  
Be wary of people who go out of their way to appeal to your emotions. You could lose out in a big way if you let others persuade you to believe in what your head tells you is rubbish.

**Sagittarius** Nov. 23 - Dec. 21  
The more you give in to others' demands today the more they will expect of you, so put your foot down and leave no one in any doubt that you are not the sort who can be intimidated. Help yourself!

**Capricorn** Dec. 22 - Jan. 20  
While others are running around in a panic you will calmly assess the situation and decide what needs to be done. Whether or not it is the right decision is not important: what matters is that you keep your head.

**Aquarius** Jan. 21 - Feb. 19  
You are entitled to your opinions and you are entitled to express them. Freedom means the right to disagree and the right to be heard. Just remember it works both ways.

**Pisces** Feb. 20 - March 20  
People in positions of power will be a bit touchy today, so think before you speak and think again before you act. Your reputation could suffer if you upset those who call the shots.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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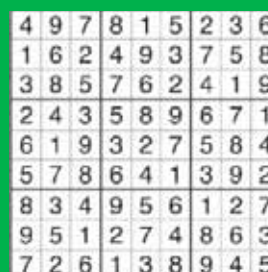
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